

Pulse of Parkwood

November 2009

PULSE OF PARKWOOD IS THE MONTHLY NEWSLETTER OF PARKWOOD PRESBYTERIAN CHURCH

Source: <http://breadsite.org>

Peace

Psalm 4: 8 - "I will lie down and sleep in peace, for you alone, O Lord, make me dwell in safety." (NIV)

Peace and quiet are hard to find. Remembrance Day 2009 does not find the world at peace; our own country has many under arms in far-flung places seeking, striving, and suffering in a world too full of war. Our 24/7 always-on wired world offers unceasing sights, sounds and stimulations; our globally inter-connected economic upheavals have eaten away job security and promised pensions have vanished. We cannot escape the effects of an influenza pandemic affecting people in all walks of life all around the world.

David did not live in a quiet, secluded cottage on a tranquil lake. Rather, when he ceased herding sheep, he roamed the country, leading armies and fighting battles. Engulfed in inner turmoil, battling temptations and wracked with guilt, he struggled to do what was right in God's sight. Caught up in civil politics and international intrigues, he was either hunting down enemies or being hunted himself.



Yet he says, "I will lie down and sleep in peace." How can he do so?

Calling the right number

David sleeps in peace, because he knows who to call. He begins the psalm with the plea, "Answer me when I call to you, O my righteous God." (verse 1) When we have need of help, we need to know whom to call. The telephone is a lifeline for one living alone, but only if there is someone on the other end to answer, and if we dial the right the number. We need to call in Jesus' name and ask Him to speak to the Father on our behalf. He will never be put on hold or have his request denied.

Remembering the One to whom we belong

David goes on in verse 3 to declare: "Know that the Lord has set apart the godly for himself; the Lord will hear when I call to him."

Our Dutch friends raised on the Heidelberg Catechism are blessed with having at least the first part of the first question and answer committed to memory:

Q. What is your only comfort, in life and in death?

A. My only comfort is that I belong -- body and soul, in life and in death -- not to myself but to my faithful Saviour, Jesus Christ ...

David is able to rest securely because He knows that God has chosen him, and called David to abide in Him. Not because David was tall or strong or handsome, but because God, who searches the hearts of all, chose,

out of His mere good pleasure, David to be his adopted and anointed servant. While David was a young teenager tending sheep, God called him, and set him apart for Himself.

Trusting in the Lord

David is prone to strong and violent emotions, leading him to act impulsively, and at times he falls into grievous sin. Yet he knows that humble self-examination is to be a daily exercise. He needs to repent, and to turn away from trusting in the strength of self and to place his trust afresh in God alone. "Offer right sacrifices and trust in the Lord" is his counsel in verse 6.

I will call; I will remember; I will trust. All these actions together lead David to the conclusion, "I will lie down and sleep in peace, for you alone, O Lord, make me dwell in safety."

Amid the challenging circumstances of our lives and all that would try our patience and trouble our peace, let us learn from David, and in the spirit of our Lord Jesus Christ, let us follow his pattern. Let us call to the Lord. Let us remember that we belong, body and soul, in life and in death, to Him. Let us trust neither in our own strength nor in the might or power of others, but in the Lord our God. Because He makes us dwell in safety, we will lie down and sleep in peace.

Your pastor,
In the peace and confident strength of the Lord alone,
James T. Hurd



Photo Directory

We are planning to produce a new photo directory of the Parkwood Church family. It has been seven years since the last one was done. This time, rather than have it done commercially with the expectation of the "professionals" that families buy photo packages, we have decided to do it "in house", so there will be no expectation for anyone to purchase anything.

Andre Marion, a photographer in our congregation, has consented to take digital photographs of each person and family in Parkwood Church. The resulting photos will be assembled on a series of pages, and printed economically. We plan to provide one copy of the directory for each family in the congregation.

This project will be carried out the week of **November 9th – 14th** and the directory will be completed shortly thereafter. This will help us to greet one another by name, especially new members and adherents, and help newcomers to identify us. Session encourages everyone to participate.



Please e-mail all Pulse submissions to office@parkwoodchurch.ca

DEADLINE FOR NEXT PULSE
(December/January Double Issue)
Wednesday, November 18, 2009
No exceptions.

Parkwood Presbyterian Church
10 Chesterton Drive
Ottawa, Ontario K2E 5S9
www.parkwoodchurch.ca
613-225-6648
office@parkwoodchurch.ca
The Pulse is in colour online.



Precautions for the Influenza Season

As the winter flu season approaches, it is prudent that we, as a Christian congregation, consider what measures we can take to reduce the risk of infection both for ourselves and for others around us. This year, the H1N1 influenza virus presents a particular cause for concern. Although the vast majority of cases of have been mild, some people have been affected severely.

We should be aware of and be guided by the recommendations of health authorities in regard to preventative measures and what we should do in case of illness.

Last week, our minister attended a briefing offered by the Ottawa Hospital for clergy in the community. The advice given is that at this time churches are encouraged to carry on usual activities as normal. Individuals who have **both** a cough and a fever and who **also** show one or more additional symptoms (such as fatigue, aches, chills, or a sore throat) are advised not to attend or participate in group activities.

Advice on what treatment to seek is offered by the Ottawa public health office and is posted on their website at <http://ottawa.ca/residents/health/> or available by telephone at **311**. Individuals who have a fever and difficulty breathing are urged to consult their family doctor or seek emergency medical assistance.

Medical advice has stressed the importance of thorough and frequent hand-washing and/or the use of alcohol-based sanitizers as a means of reducing the spread of the flu virus. Hand sanitizer dispensers are located in the church, including near the washrooms, and their use is highly recommended. Health authorities advise that sanitizer liquid is safe for use by children over six months old, but use by young children should be supervised by an adult, and no more than a dime-sized amount should be used.

Group leaders and responsible Session Teams will monitor the situation to determine if changes should be made at any point to scheduled group activities. To assist in maintaining awareness, and for reasons of pastoral concern, please notify the church office if you or a family member are diagnosed with the H1N1 flu virus.

We pray for God’s grace in holding us in health, supporting us in illness, and in enabling us to care for one another in the love of Christ, the Great Physician.

The Session



The Flu
(Orthomyxovirus)

Swine Flu
(Influenza A virus H1N1)



Common Cold
(Rhinovirus)

Source: www.giantmicrobes.com/ca/

Parkwood E.Y.E. (Engaging Youth Everywhere)

The Greatest Commandment

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘Love your neighbour as yourself.’ There is no commandment greater than these.” Mark 12:30-31 (NIV)

I imagine that most of you have a list of rules like this in your classroom at school. If we walked through every classroom in your school, we would probably see a list of rules hanging on the wall. Even though there might be some slight differences, most of them would say pretty much the same thing. They would say things like:

- Listen Carefully
- Follow Directions
- Obey the Teacher
- Work Quietly
- Keep Your Hands to Yourself
- Be Kind to Others

If you were to ask me which classroom rule is most important, I know what I would say. I would say that the most important rule is to respect and obey your teacher and the second is very much like it -- be kind and show respect for your fellow students. If we would just follow those two rules, there really wouldn't be a need for any more.

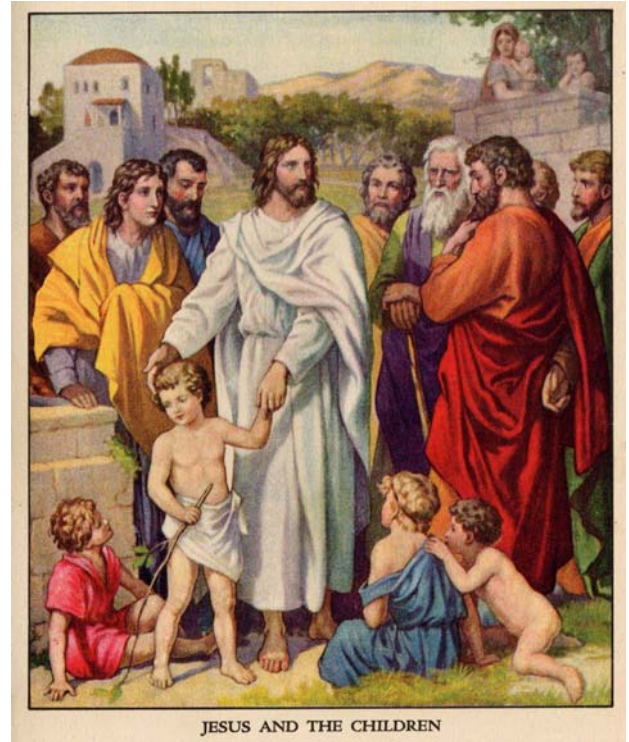
The religious leaders of Jesus' day liked to sit around and discuss the law. They especially liked to ask Jesus questions about the law hoping to trick him into saying something that would cause people to turn against him. One day they were questioning Jesus and he answered them with one good answer right after another. One of the teachers of religious law was standing there listening to the debate. He realized that Jesus had answered well, so he asked, "Of all the commandments, which is the most important?"

Most of you know the ten commandments, don't you? How would you answer that question? This is how Jesus answered. He said, "The most important commandment is this: 'You must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.' The second is equally important: 'Love your neighbour as yourself.' There is no other commandment is greater than these."

After hearing Jesus' answer, no one else dared to ask him any more questions! What a wise answer. If we could just keep those two commandments, we wouldn't have any trouble keeping the rest of them, would we? Let's go to the Father and ask him to help us.

Dear Father, help us to love you with all our heart, soul, and strength -- and to love one another as we love ourselves. Amen.

Source: www.sermons4kids.com



THE TUNE OLD 100TH

Old 100th first appeared in the Genevan Psalter, and the first half of the tune contains phrases which may have existed in plainsong and folk song for centuries. The latter part of the tune and its overall form is the work of Louis Bourgeois, John Calvin's musical collaborator in the formation of the Genevan Psalter.

Ken Thomas (1801-1851) wrote "Awake my soul and with the sun" when only Scripture should be sung as hymns—with an emphasis on the Psalms. Some considered it sinful and blasphemous to write new lyrics for church music, akin to adding to the Scriptures. The last stanza has come into widespread use as the [Doxology](#), perhaps the most frequently used piece of music in public worship.

Praise God, from Whom all blessings flow;
Praise Him, all creatures here below;
Praise Him above, ye heavenly host;
Praise Father, Son, and Holy Ghost.

Hymns also using the tune OLD 100TH

- [All People That on Earth Do Dwell](#)
- [Again We Keep This Solemn Fast](#)
- [Before Jehovah's Awful Throne](#)
- [From All That Dwell Below the Skies](#)
- [O Bless Our God with One Accord](#)
- [Again We Keep This Solemn Fast](#)



Operation Christmas Child

This Christmas you can **share the love and hope of Jesus Christ with a needy child in a country like Bolivia or Nicaragua** by packing a simple shoe box with personal gifts.

Operation Christmas Child is an easy missions project that every member and family can participate in by bringing a gift filled shoe box to Parkwood Church on **Sunday, November 1st**, or on **Dedication Sunday, November 8th**.



Crown Financial Ministries Money Map - Your Visual Guide to True Financial Freedom

This month: Steps to Making a Budget, Part II

Step 3—Compare Income Versus Expenses

Couples are encouraged to establish a budget based on the husband's income only, and the wife's income be applied to one-time purchases—vacations, furniture, cars—or to savings or debt reduction. Too many times the wife's income is interrupted by illness, pregnancy, or a change in the husband's employment location.

If total income exceeds total expenses, you only have to implement a method of budget control in your home. However, if expenses exceed income (or more stringent controls in spending are desired), additional steps are necessary. In that case, to reduce expenses, an analysis of each budget area is called for. These areas are outlined below.

“Budget busters” are the large potential problem areas that can ruin a budget. Failure to control even one of these problems can result in financial disaster in the home. This area is evaluated by typical budget percentages for a \$35,000 annual income (family of four). Naturally these percentages are not absolutes and will vary with income and geographical location.

a. Housing (36 percent of net income)

Typically, this is one of the largest home budget problems. Many families, motivated by peer pressure or some other pressure, buy homes they can't afford. It is not necessary for everyone to own a home. The decision to buy or rent should be based on needs and financial ability, rather than on internal or external pressure.

b. Food (12 percent of net income)

Many families buy too much food. Others buy too little. Typically, the average American family buys the wrong type of food. The reduction of a family's food bill requires quantity and quality planning.

Hints for Grocery Shopping

- Always use a written list of needs.
- Try to conserve gas by buying food for a longer time period and in larger quantities.
- Avoid buying when hungry (especially if you're a “sugarholic”).
- Use a calculator, if possible, to total purchases.
- Reduce or eliminate paper products—paper plates, cups, napkins (use cloth napkins).
- Evaluate where to purchase sundry items, such as shampoo, mouthwash. (These are normally somewhat cheaper at discount stores.)
- Avoid processed and sugar-coated cereals. (These are expensive and most of them have little nutritional value.)
- Avoid prepared foods, such as frozen dinners, pot pies, cakes. (You are paying for expensive labour that you can provide.)
- Determine good meat cuts that are available from roasts or shoulders, and have the butcher cut these for you. (Buying steaks by the package on sale is fairly inexpensive also.)
- Try store brand canned products. (These are normally cheaper and just as nutritious.)
- Avoid products in a seasonal price hike. Substitute or eliminate.
- Shop for advertised specials. (These are usually posted in the store window.)
- Use manufacturer's coupons (cents-off on an item or items) only if you were going to buy the item anyway and it is cheaper than another brand would be without the coupon.
- When possible, purchase food in bulk quantities from large discount stores; the per-item cost is cheaper. Do not buy from convenience stores except in case of emergency.

- Avoid buying non-grocery items in a grocery supermarket except on sale. (These are normally “high mark-up” items.)
- For baby foods, use normal foods processed in a blender.
- Leave the children at home to avoid unnecessary pressure.
- Check every item as it is being “rung up” at the store and again when you get home.
- Consider canning fresh vegetables whenever possible. Make bulk purchases with other families at farmers’ markets and such. (NOTE: Secure canning supplies during off seasons.)

c. Automobiles (12 percent of net income)

The advertising media refers to us as “consumers,” but that’s not always the best description. P.T. Barnum had a more apt word—“suckers.” Often we are unwise in our decision making when it comes to our machines—especially cars.

Many families will buy new cars they cannot afford and trade them long before their utility is depleted. Those who buy a new car, keep it for less than four years, and then trade it for a new model have wasted the maximum amount of money. Some people, such as salespeople who drive a great deal, need new cars frequently; most of us do not. We swap cars because we want to—not because we have to. Many factors enter here, such as ego, esteem, and maturity.

d. Insurance (5 percent of net income)

It is unfortunate to see so many families misled in this area. Few people understand insurance, either how much is needed or what kind is necessary. Who would be foolish enough to buy a Rolls Royce when he or she could afford only a Chevrolet? Yet many purchase high-cost insurance even though their needs dictate otherwise.

Insurance should be used as supplementary provision for the family, not for protection or profit. An insurance plan is not designed for saving money or for retirement. Ask anyone who assumed it was; the ultimate result was disillusionment and disappointment.

In our society, insurance can be used as an inexpensive vehicle to provide future family income and thus release funds today for family use and the Lord’s work. In excess, this same insurance can put a family in debt, steal the Lord’s money, and transfer dependence to the world.

One of your best insurance assets is to have a trustworthy agent in charge of your program. A good insurance agent is usually one who can select from several different companies to provide you with the best possible buy and who will create a brief, uncomplicated plan to analyze your exact needs.

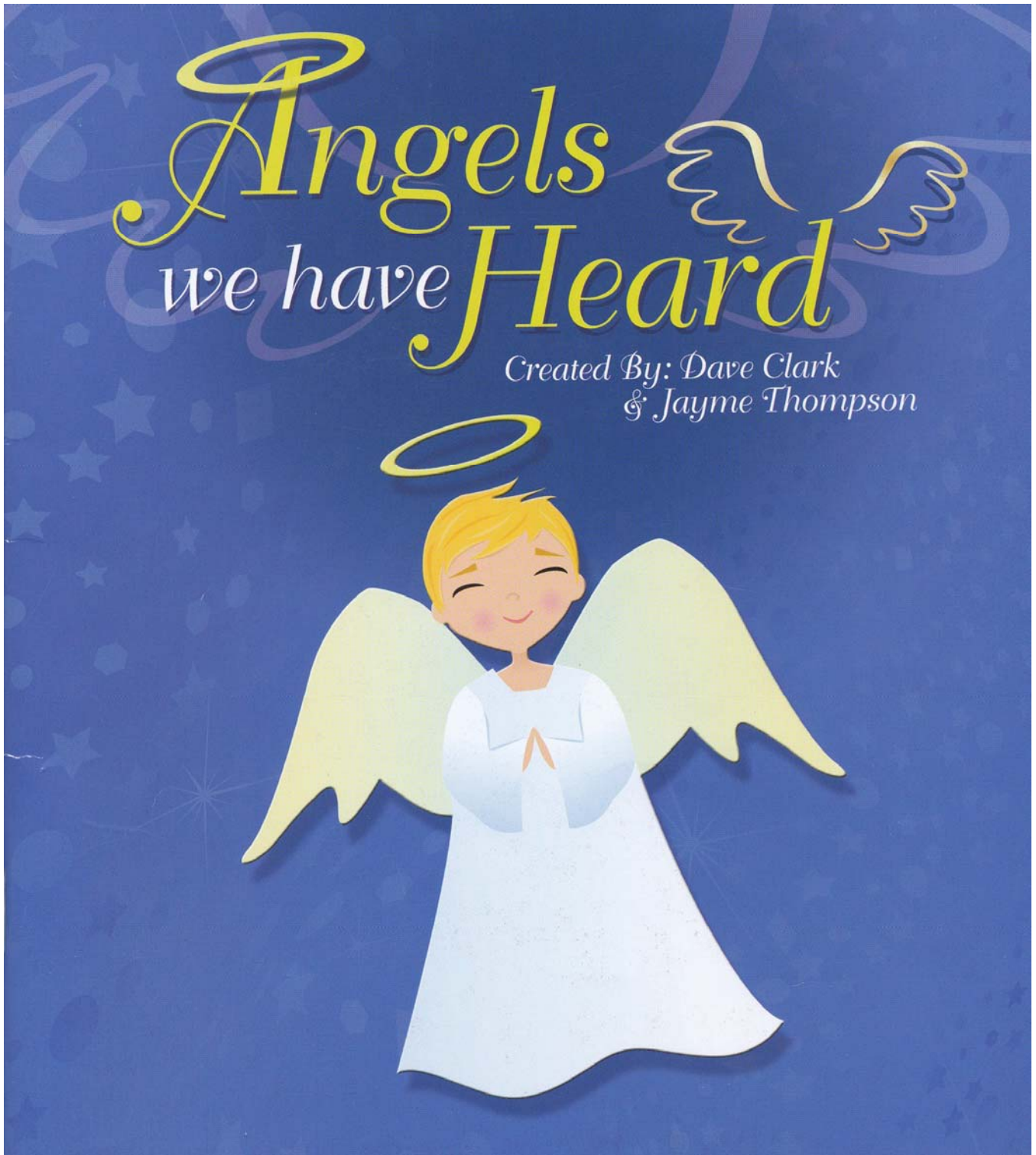
e. Debts (5 percent of net income)

It would be great if most budgets included 5 percent debts or less. Unfortunately, the norm in American families is far in excess of this amount. As previously discussed, credit cards, bank loans, and installment credit have made it possible for families to go deeply into debt. What things can you do once this situation exists?

- Destroy all credit cards as a first step.
- Establish a payment schedule that includes all creditors.
- Contact all creditors, honestly relate your problems, and arrange an equitable repayment plan.
- Buy on a cash basis, and sacrifice your wants and desires until you are current.

Continued next issue. Source: www.crowncanada.ca With thanks to Tim Visser





LOGOS will present this Christmas musical
Saturday, November 28th at 4:00 pm
Sunday, November 29th at 10:00 am
All are invited.



4th Mission Appeal – November 15, 2009
Serving Christ Alone International (SCA)
(formerly The Shantyman Ministry)

During the morning worship service announcements on November 15, 2009, Ken Godevenos, President of SCA International will briefly share with us the mission of SCA, During the Fellowship Hour he will have a display in the Fellowship Hall and answer any question you may have about this ministry.

Briefly, SCA International exists to glorify God by proclaiming the gospel of Jesus Christ to the people of Canada whose circumstances do not provide them easy or traditional access to the Church for any number of reasons, including social, emotional, physical, and cultural isolation. In addition, SCA International aspires to disciple those that come to Christ through such proclamation. They desire to reach those in situations where the evangelical community does not go normally – in prison, villages, truck stops, rural areas, rodeos, fairs, music festivals, industrial locations, on First Nations reserves and communities, and in other relatively remote areas.

REACHING ACROSS CANADA ...In Canada, 90% of the people live in urban centres that make up only 10% of the land mass. SCA believes that the 3.2 million (10% of the people) who are spread out over 90% of our great country are important to God.

- Linda, Mission Team



Movie Night
Saturday, November 28, 7:00 PM
Behind the Mask (1999)
starring Donald Sutherland
Matthew Fox
Mary McDonnell
and Brad Whitford

Dr. Bob Shushan is an overworked and absent father who runs a centre for the mentally and physically challenged. When Shushan suffers a heart attack, his life is saved by James Jones, a young patient at the centre. The two men forge a friendship and help each other rekindle the father-son bond that has been missing in their lives.

Located downstairs in the meeting area. Big screen and speakers. No charge. Refreshments provided. Free will offering.



The Mary Stewart Collect



Keep us, O Lord, from pettiness;
Let us be large in thought, in word
and deed.

Let us be done with fault finding and
leave off self-seeking.

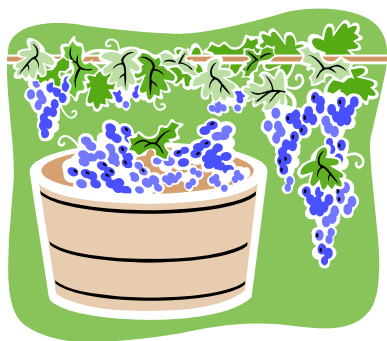
May we put away all pretense and
meet each other face to face, without
self pity and without prejudice.

May we never be hasty in judgment
and always be generous.

Let us take time for all things;
Make us grow calm, serene and gentle.
Teach us to put into action our better
impulses, straight forward
and unafraid.

Grant that we may realize that it is
the little things that create differences,
that in the big things of life we are
one.

And may we strive to touch and know
the great human heart,
common to us all,
And O Lord God,
Let us not forget to be kind.



From the flyer 'Dunrobin and District Women's Institute 2009-2010'. Claire McPhee and Jan Sheridan made a presentation about **CANHAVE** on September 1st.

Incidentally, for those who don't know (the editor included), CANHAVE is an acronym for 'Canadians Helping Aids Victims with Education'. The work is currently focused in Uganda. For more information, please visit: <http://canhave.ncf.ca/>



Sunday Funnies

- One Sunday in a Midwest city, a young child was "acting up" during the morning worship hour. The parents did their best to maintain some sense of order in the pew but were losing the battle. Finally, the father picked the little fellow up and walked sternly up the aisle on his way out. Just before reaching the safety of the foyer, the little one called loudly to the congregation, "Pray for me! Pray for me!"
- I was testing the children in my Sunday school class to see if they understood the concept of getting to heaven. I asked them, 'If I sold my house and my car, had a big garage sale and gave all my money to the church, would that get me into Heaven?' 'NO!' the children answered. 'If I cleaned the church every day, mowed the yard, and kept everything neat and tidy, would that get me into Heaven?' Again, the answer was, 'NO!' By now I was starting to smile. Hey, this was fun! 'Well, then, if I was kind to animals and gave candy to all the children, and loved my husband, would that get me into heaven?' I asked them again. Again, they all answered, 'NO!' I was just bursting with pride for them. 'Well,' I continued, 'then how can I get into Heaven?' A five-year-old boy shouted out, 'YOU GOTTA BE DEAD.'
- Bulletin Bloopers: The church will host an evening of fine dining, superb entertainment, and gracious hostility.
- Bulletin Bloopers: The third verse of Blessed Assurance will be sung without musical accomplishment.
- Bulletin Bloopers: On a church bulletin during the minister's illness: GOD IS GOOD, Dr. Hargreaves is better.
- A confirmation student was asked to list the Ten Commandments in any order. He wrote, "3, 6, 1, 8, 4, 5, 9, 2, 10, 7."
- Bulletin Bloopers: Please place your donation in the envelope along with the deceased person you want remembered.
- Two old men had been best friends for years, and they both live to their early 90's, when one of them suddenly falls deathly ill. His friend comes to visit him on his deathbed, and they're reminiscing about their long friendship, when the dying man's friend asks, "Listen, when you die, do me a favor. I want to know if there's baseball in heaven." The dying man said, "We've been friends for years, this I'll do for you." And then he dies. A couple of days later, his surviving friend is sleeping when he hears his friend's voice. The voice says, "I've got some good news and some bad news. The good news is that there's baseball in heaven." "What's the bad news?" "You're pitching on Wednesday."
- For all of us who are seniors, and for all of you who will be seniors. It pays to be able to laugh about it when you are a senior! 'Where Is My Paper?' the irate customer calling the newspaper offices, loudly demanded to know where her Sunday edition was. 'Ma'am', said the employee, 'today is Saturday. The Sunday paper is not delivered 'til Sunday. There was quite a pause on the other end of the phone, followed by a ray of recognition.....' 'So that's why no one was in church today.'